



CRESTWOOD  
COMMUNITY SCHOOL

## PARENT BULLETIN

### WEEK BEGINNING MONDAY 15 SEPTEMBER 2025

#### Key Messages:

- **Week A Menu 2** [here](#)
- What a fantastic start to the term. On the whole there have been so many positives and the behaviour of the significant majority of the students is impeccable. We have been very impressed with our new year 7 cohort!
- The weather is unpredictable and students do need a rain proof coat as their blazers are not waterproof. Please ensure your child has the correct uniform on before they leave home.
- We are continuing to enforce our mobile phone and uniform policies. Any child who is seen with their phone or wearing non uniform items, will have them taken off them and held in a safe place until the parent can come to collect them. Please talk to your child about complying with the policies in place to avoid inconveniencing yourselves.
- **Year 7 and Year 8 Access Reading Tests**
  - On Monday students will be sitting a short assessment in the Sports Hall to assess their reading ability. This will enable us to put support and intervention in place. Results will be shared with parents via the Arbor App.
- Please ensure your child attends school **before** 8.25am.
  - Any child arriving after 8.55am is marked as absent, in compliance with the DfE rules regarding recording attendance
  - The children will also be registered at 1pm for the afternoon session so please try and avoid medical appointments at these times
  - Holidays and leaves of absence will only be granted in exceptional circumstances
- **Cashless School**
  - A reminder to all parents that we are now a cashless school and all top up to lunch accounts should be made via the Arbor App or Portal.
  - School ties can be purchased through the school shop on Arbor
  - All day trips can be found and paid on Arbor.
- **Water Bottles:** A polite reminder to make sure that your child comes into school each day with a filled water bottle. We have a lot of children at the moment turning up to school without a drink and going all day with no fluids. Water fountains are available in the school to fill up bottles, but we do not have spare water bottles in the school. We thank you for your cooperation and support.
- **Forthcoming events:**
  - Twilight Monday 15th September at Shakespeare for staff 3.15pm - 5pm, no clubs will take place tonight.

- Year 10 and 11 Information Evening on Thursday 18th September 6pm Cherbourg Campus, parents and students welcome
- Open Evening Tuesday 23rd 6pm - 8pm at Cherbourg, any child taking part needs to be in full school uniform
- Open Evening Thursday 25th 6pm - 8pm Shakespeare, any child taking part needs to be in full school uniform

- **INSET 2025-26**

- Friday 24 October 2025 - Inset Day
- Monday 3rd November 2025 - Inset Day

- **Early finish at 1.00 pm**

- Friday 19 December 2025
- Friday 27 March 2026
- Tuesday 21 July 2026

## REPORTING CHILD ABSENCE

- If your child is unable to attend School, please report this via the Arbor App or Portal by 9 am on the day of the absence. This feature can only be used for on-the-day absences. For any extended or future absences, please email [attendance@crestwood.hants.sch.uk](mailto:attendance@crestwood.hants.sch.uk). Guidance on how to report your child's absence can be found [here](#).
- Absence requests need to be made in writing via the Hampshire Holiday form. These are available from the school or via this link <https://www.crestwood.hants.sch.uk/assets/Documents/Attachments/Leave-of-Absence-form.pdf>. Holidays will not be approved unless in **exceptional circumstances**. Where you have children across multiple schools, we will liaise and make a joint decision.
- We have an email account to deal with inappropriate communications from parents. This includes social media posts, emails, phone calls and in-person conversations. Any communications that are not in line with our communication policy will not be responded to. We kindly request that parents refrain from entering the premises aggressively, as doing so may result in a ban from the site.
- For more information on our extracurricular activities, please visit ([here](#))

## IT SUPPORT

If you require IT support, please email: [itsupport@crestwood.hants.sch.uk](mailto:itsupport@crestwood.hants.sch.uk)

**Key Dates: Link to the school calendar:**

<https://www.crestwood.hants.sch.uk/school-information/calendar>

**Letters sent home:**

[Letters Home - CRESTWOOD - COMMUNITY SCHOOL](#)

**Vacancies:**

<https://www.crestwood.hants.sch.uk/school-information/vacancies/>

**School Day:**

<https://www.crestwood.hants.sch.uk/school-information/school-day/>

**Link to social media posts:**

More about all the activities occurring in and out of lessons at Crestwood can be found on our [Facebook page](#), [Twitter Feed](#), [Instagram Account](#) and [YouTube Channel](#). Reshares and likes are always appreciated.

Try SORA, our reading app in partnership with Hampshire School Library Service, by clicking the link below:

<https://soraapp.com/library/hampshiresls>

Borrow eBooks, Audiobooks and Magazines for free using your student credentials.

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**Fake news, hoaxes and misinformation, NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/fake-news/>

**SHARE Checklist, GOV.UK – HM Government**

<https://sharechecklist.gov.uk>

**Link to mental health/parenting websites:**

[Kooth is an online platform to support young people with their wellbeing](#), where they can access free, safe anonymous support

111 Mental Health Triage Team, below is a youtube clip to explain what is and how it works

<https://www.youtube.com/watch?v=Ktfb0WXGpVI>

[On and around water - Hampshire & Isle of Wight Fire & Rescue Service. Official website of Hampshire & Isle of Wight Fire & Rescue Service \(hantsfire.gov.uk\)](#)

**SHOUT - text 85258 for a free confidential text service open 24/7**

[Parents and Carers - UK Safer Internet Centre](#)

[Parent Zone](#)

[CEOP Education](#)

[Reporting harmful content online](#)

[Childline, Online bullying](#)

[PARENT ONLINE SAFETY](#)

London Grid for Learning (LGfL) has released a new online resource aimed at helping schools to support parents around online safety. For adults with busy lives and various responsibilities, it is not always feasible to maintain a grasp on advancing technologies. Particularly when those technologies might not be aimed at their age demographic, but will be aimed at their children's age brackets. LGfL's presentation - Parent Online Safety: A Ready-to-use resource - aims to get parents familiar with topics such as social media, gaming, and online harm.

The presentation can be found here: <https://lgfl.net/safeguarding/parent-online-safety>

[Parental control software](#)



If you do not follow  
the behaviour principles,  
this is what will happen:



## Opportunity 1

You will have a chance to correct your behaviour.

## Opportunity 2

You will have a final chance to put things right,  
Your teacher may move you to another seat,  
ask you to step outside or speak to  
you outside, or they may choose other options.  
That is the teacher's choice.

## Consequence

If you still fail to meet your teacher's expectations,  
there will be a consequence. If you have to be parked,  
you will automatically be in After School Reflection  
and your parents will be informed.





## IN LESSON SELF REGULATION

Use these when you're feeling anxious, overwhelmed, or need a moment to

1. Identify how you are feeling and circle the emotion below. Once you have done this, pick one (or a few!) of the strategies below to help you regulate.
2. Complete the tasks on your own whiteboard or on the sheet itself with your whiteboard pen.
3. Tick off the strategies you have used and pass the sheet back to your teacher once you have taken 5 minutes to go through the exercises.

Anxious



Overwhelmed



Unsure



Tired



Sad



Angry

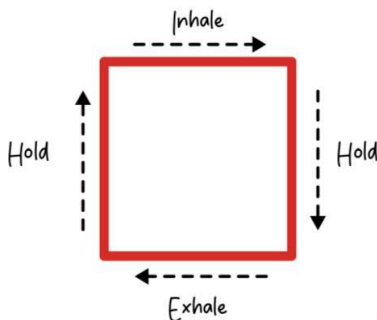


### Feeling anxious? Calm your brain

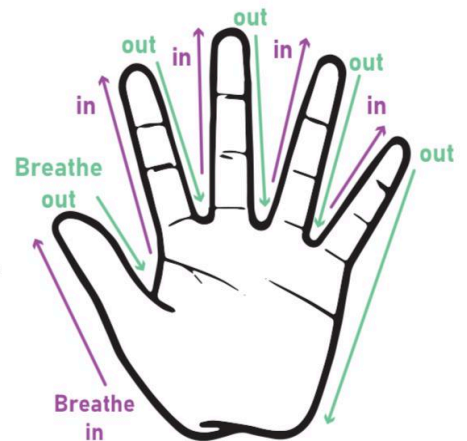
These activities work by giving your busy brain a simple, focused task, causing you to think more logically. This helps break the cycle of anxious thoughts and gives your mind space to reset.

- ☐ Spell your full name backwards.
- ☐ List 10 animals or objects starting with your first initial.
- ☐ Count how many things in the room are your favourite colour.
- ☐ Count backwards from 100 in 5s or 7s
- ☐ Go through the alphabet but skip every other letter (A,C,E...)

### Calm your body



- ☐ **Box breathing:**
  - Inhale for 4 seconds
  - Hold for 4 seconds
  - Exhale for 4 seconds
  - Hold for 4 seconds
  - (Trace the square with your finger as you breathe)
- ☐ **Bunny breaths:**
  - Take 3 short sniffs in through your nose
  - 1 long breath out through your mouth
  - Repeat 3 times
- ☐ **Finger breathing:**
  - Trace your hand with your finger
  - Breathe in going up, out going down



### Feeling overwhelmed or angry? Ground yourself

- ☐ **5-4-3-2-1 technique:**
  - 5 things you can see
  - 4 things you can feel
  - 3 things you can hear
  - 2 things you can smell
  - 1 thing you can taste



- ☐ **Body grounding**  
Make note in your head of everywhere your body is touching something, this could be your chair, the table, the floor. Make note of how this feels. Cool? Hot? Hard? Soft?



- ☐ **Touch grounding**  
Hold an object from your bag, blazer, pencil case, a piece of your uniform, or other object and focus on its texture, temperature and weight



### Feeling sad or unsure?

#### Express yourself

Write down or draw how you feel  
You can rub it out or pass it back to your teacher to read.

### Feeling tired?

#### Distract yourself

- ☐ Hold your feet off the ground for as long as you can
- ☐ Doodle for 1 minute on your whiteboard
- ☐ Try to remember the first line of your favourite tv show or movie
- ☐ Spot 3 things in the room that are round